Digest & Defend

How to strengthen your gut and build total body resilience

November 19, 2026



Why Digestion and Nutrition Matter

Over

70%

of our immune system is linked to gut health

Good digestion supports energy, mood, strength & overall health.



Digestion in a nutshell:

Food is broken down step by step, from mouth to intestines

Smells activate Enzymes in saliva, then stomach, and pancreas break food into nutrients

Gut bacteria help digest fiber and support overall health

MOUTH

Chewing breaks food into smaller pieces

STOMACH

Stomach acids and enzymes are digesting

SMALL INTESTINE

Nutrients are broken down and absorbed into the body

LARGE INTESTINE

Water is absorbed and waste is formed

ELIMINATION

Waste leaves the body



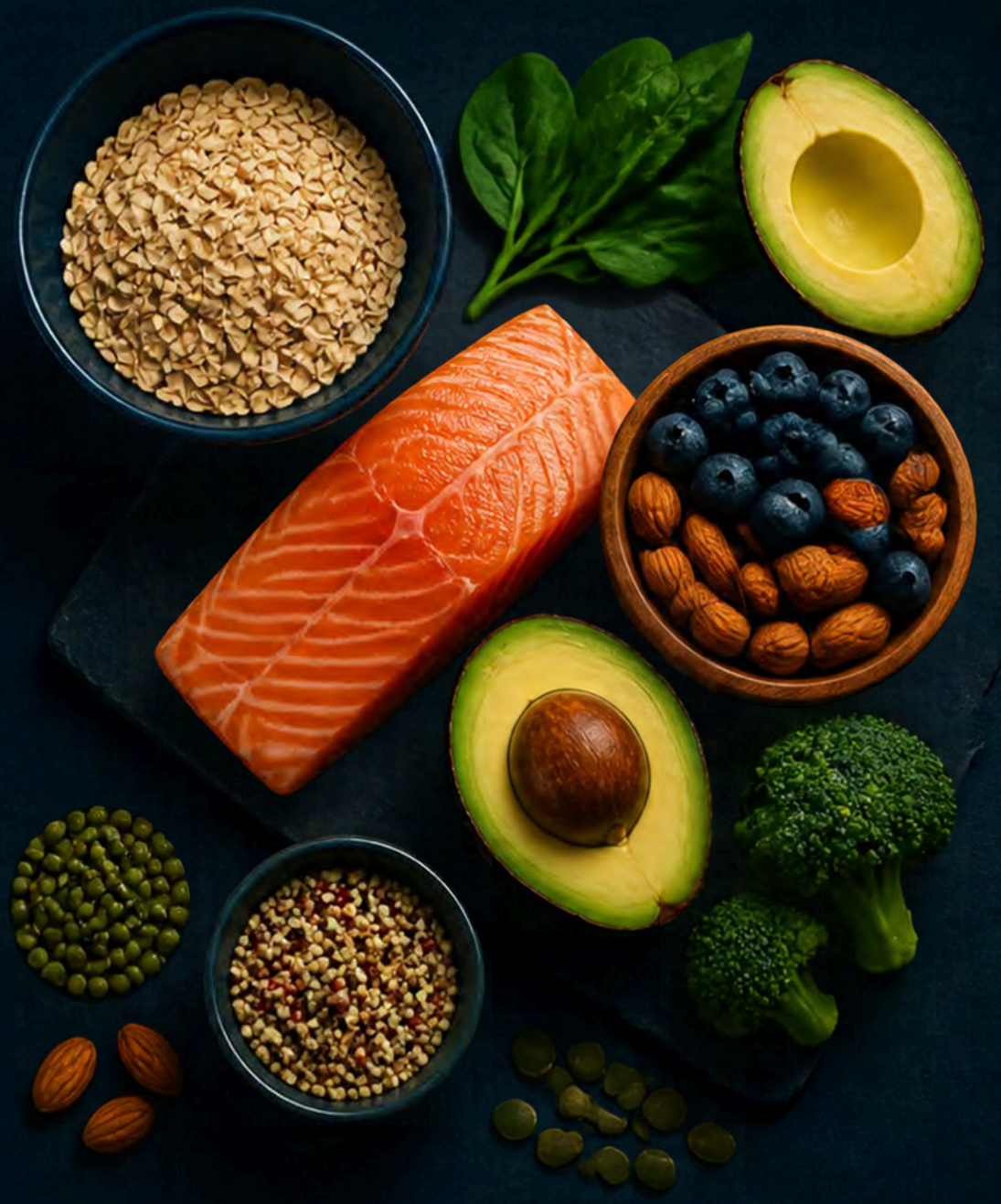
Nutrition Basics

The essentials

Carbohydrates for energy
Proteins for building and repair
Fats for hormones and cell health
Vitamins and minerals for daily functions
Fiber for digestion and gut health

Food for thought

Carbs make you fat	→ Poor calories can, not carbs
Skipping meals helps you lose weight	→ It can slow metabolism
I need low fat/salt	→ Fats & salt support the body
The body detoxes on its own	→ Foods/Herbs help+speed it up
What? 150 grams of Protein???	→ Yes! U are not getting enough



Evidence-Based Real Food Choices

Choose trusted sources: Organic, Non GMO, No Spray. Filter Water!

Eat a wide variety of foods.

Build meals around whole, minimally processed foods. Eat Primal & hydrate well.

Practice mindful eating and listen to your body



Tips to Support Digestion Daily

Eat mindfully and chew well

Choose fiber-rich foods & use supplements

Stay hydrated and manage stress

Move regularly to keep digestion on track



Food Is Medicine

Top Foods for gut repair & total body detoxing

- Aloe Vera
- Wild blueberries/huckleberries
- Ginger, chilies & turmeric
- Sprouts
- Greens, leafy greens, barley greens, spirulina, chlorella, etc.
- Coconut in all forms
- Radishes
- Apples & Pears
- Artichokes & Jeruselum Artichokes
- Bone broth
- Flax, chia, hemp
- Sweet potatoes
- Papaya & Pineapple
- Dulse
- Celery & celery Juice
- Sweet Potatoes & Jicama



Foods & Herbs That May Support Natural GLP-1 Activity

- Pink salt
- Avocado
- Chia
- Flax
- Berries
- Cooled resistant starch (potatoes, rice, oats)
- Berberine
- Quercetin
- Legumes
- Salmon
- Eggs
- Olive oil
- Ginger
- Turmeric
- Cinnamon
- Green tea
- Chilli peppers
- Fermented foods

Discuss use & protocols with your qualified healthcare professional.



My Daily Non Negotiables

1. Wake up: Tongue Scraper FIRST! Then Lemon Cayenne Water
2. Herbal Tea
3. Beets & Aloe Digest Mixed
4. 4-7 Super Aminos 23
5. 2 Super Xanthin
6. 3 Women's Longevity Formula
7. Green Spectrum, Apple Berry Power Shake or Epi Genius Chocolate
8. Smoothie = Whey Isolate + Creatine + Fruit + Greens + coconut
9. Perfect Aminos
10. Trace minerals
11. Biome Medic



Personalized Health Insights

Two science-based testing options to help you learn more about your unique health patterns.

1

Microbiome Testing

Understand the balance and diversity of your gut microbiome to learn more about your individual patterns.

2

Gary Brecka Gene Mutation Testing

Explore how your unique genetic mutations may influence key aspects of your symptoms. Like the MTHFR, OH MY!

Discuss testing and results with a qualified healthcare professional.



When you're green inside, you're clean inside.

Eating Whole Alive Foods, Drinking your Greens & taking your Supplements is a shower on the inside.



Thank You & Questions

Total body health starts in our gut.

When we focus on preventative care, this is how we defend ourselves.

Thank you for joining my mission to make healthy COOL!

Keep learning.

Stay curious.
Make informed choices.
Support your gut, support your life.